



ENCORE'S INSTRUCTOR AND COORDINATOR RECOGNITION and ANNUAL MEETING

Forty six ENCORE members and guests gathered at the Warrenton Community Center on Friday, May 31, 2013 to say "thank you" and recognize the efforts of the instructors and class coordinators who help make ENCORE the wonderful organization that it is. Each was "pinned" with a yellow carnation corsage and given a certificate of appreciation.

The tables were decorated with pots of Pinks flowers, teddy bears, pens and small paper mache' animals - all with a Mexican flair. Elfie Gross and her committee provided an assortment of delightful desserts.

Election of officers was held - the results of which are in column 2, this page. And John Agnew demonstrated the new projector ENCORE has purchased to be used in ENCORE's classes. I hear Meg Weaver's Science Exchange class was "wowed" with its use!

ELECTION RESULTS from Annual Meeting

May 31, 2013

President Melissa Yowell
Vice-President John Agnew (See John's "bio" on page 5)
Secretary Meg Weaver
Treasurer Michael McGonigle
By-Laws Changes Approved

CONGRATULATIONS and THANKS TO THE OFFICERS, INSTRUCTORS AND COORDINATORS!

ANNUAL ENCORE POTLUCK PICNIC

Cullaby Lake, Warrenton

Friday, July 19, 2013

Starting at Noon

SEE FULL DETAILS on Page 10

Come enjoy fun, food & friends!

CURRICULUM COMMITTEE SHARES THE "HOW" OF GETTING A CLASS STARTED

Reta Lindstrom, Chair

Curriculum Committee is one of the three ENCORE Standing Committees. The by-laws state: "The Curriculum Committee shall plan appropriate courses for each program term to support and advance the educational goals of ENCORE."

How exactly is that task accomplished? How does an idea become a class?

Ideas for classes come from individual ENCORE members, committee members and potential instructors. Class proposal forms can be obtained from the ENCORE website or from curriculum committee members. These forms are used by potential instructors to submit ideas, as class outlines, to the curriculum committee. Class proposals are submitted via email to a committee member. Proposals can be for fall, winter or spring terms. Some classes are ongoing for more than one term as folk dancing and science exchange have been.

After review of the proposals by the curriculum committee, the process of scheduling days, times, and venues is begun. Instructors' preferences are considered and an effort is made to meet their requests. (Cont'd on P. 2)

(Cont'd from P. 1)

As the scheduling for a specific term is completed, all information is forwarded to Mary Kemhus-Fryling, Clatsop Community College Community Education Coordinator. Mary receives the information via email and formats the data for printing. A schedule and calendar of classes are printed and mailed to each ENCORE member. Schedule information for the term is also on the ENCORE website ([www.encorelearn.org](http://www.encorelearn.org)) and often is included in the newsletter.

Currently the curriculum committee is scheduling for fall term 2013. However, work is also being done for winter term 2013 and spring term 2014. Some class proposals have been received for those terms. Anyone interested in presenting a class is urged to submit a proposal or to contact a committee member. Committee members are: John Agnew, Erhard Gross, Reta Lindstrom, John Markham, Michael McGonigle, John Ryan, Judith Schlecter, Bernie Thomas, Meg Weaver, Donna Wright, and Sue Zerangue.

A schedule of deadlines related to curriculum committee and college needs follows:

ENCORE PRINT DEADLINES	Summer Term	Fall Term	Winter Term	Spring Term
Email class proposals request to membership from LaRee		2 weeks prior to 1st Monday of July (June 17, 2013)	2 weeks prior to 1st Monday of September (Aug 19, 2013)	2 weeks prior to 1st Monday of February (Jan 20, 2014)
Proposals due to curriculum committee		1st Monday of July (July 1, 2013)	1st Monday of September (Sept 2, 2013)	1st Monday of February (Feb 3, 2014)
Newsletter Deadlines	May 20, 2013 (newsletter only)	August 20, 2013	November 20, 2013	February 20, 2014
Class list / newsletter due to Mary	4th Friday of May (May 24, 2013) (newsletter only)	1st Monday of August (Aug 5, 2013)	1st Monday of October (Oct 7, 2013)	Last Monday of February (Feb 24, 2014)
Class Calendar & List of Classes formatted, printed & due to ENCORE	First Monday of June (June 3, 2013) (newsletter only)	Last Monday of August (Aug 26, 2013)	Last Monday of October (Oct 28, 2013)	2nd Monday of March (Mar 10, 2014)
COLLEGE TERM STARTS	6/24/2013	9/30/2013	1/6/2014	3/31/2014
ENCORE CLASSES START	no classes	9/30/2013	1/13/2014	4/7/2014

### **FALL CLASSES TO LOOK FORWARD TO**

#### **THE CHINESE IN ASTORIA**

Erhard Gross

"Davey, you can't do that. You can't move to the top of the hill. That is reserved for white people." Thus a loving mother counseled her son in the 1950s. That statement reflects some of the attitude Astorians held toward Chinese people. Viewed from the other side,

strictures for Chinese boys regarding marriage included: Don't bring home a black girl or Japanese! You may date a white girl but can't marry one!

When my wife and I bought our building lot at 1370 Madison Avenue in Astoria in 1990, we were surprised to find in the Restrictive (Cont'd on P. 3, Col. 1)

(Cont'd from P. 2 Col. 2) Covenants that run with the land a clause that excluded non-Caucasians from any properties located in that neighborhood. Chinese and other people of color were specifically prohibited from even staying overnight in any of the homes in that residential development. It is true that the Civil Rights Act of 1966 swept such gross acts of discrimination away; however, when my wife and I tried to secure permission to open a bed and breakfast on Madison Ave., the anti-color attitude of some of the righteous denizens of the area raised its ugly head once more.

Astoria has a long history of anti-Chinese discrimination. I have been told by a highly respected Astorian of Chinese descent that the law might have changed but latent jealousies remain and counsel caution.

There is a lot more to the history of the Chinese of Astoria than what is implied by "Shanghaied in Astoria." Vera Gault wrote in The Daily Astorian of 5 February 1988 that a certain owner of a bar and restaurant, Mrs. Grant, paid \$200 to have her husband shanghaied in Astoria. It took him two years to get back to town.

In another article of the same year, Gault lays the basis for the Chinese population here. She reported that "By 1877 the Chinese population in Astoria numbered 4000, larger than the Caucasian population in town." Astoria's Chinatown became second only to that of San Francisco. With these numbers, the cheap labor represented by the Chinese, internal divisions and friction were soon to follow. White law enforcement generally stayed out of their internal conflicts. (Cont'd in Col. 2, this page)

"Tongs," in some ways similar to Mafia Families, were organized with a type of caste system. Of the six social strata, the "swill men" ranked lowest. They were the men who went around from house to house, picking up biodegradable garbage they fed to their hogs. (There were three hog farms within Astoria's city limits.) On the second rung from the bottom of the ladder were the "vegetable men." They too, like the swill men, walked around with their poles over their shoulders peddling the vegetables they raised locally.

Even more unfortunate than those lowest ranking caste members were the illegal immigrants. When federal officers, looking for illegals, according to Gault, "were waiting to board ship, the Chinese were put into chains and dropped overboard on the opposite side of the ship, thus destroying the evidence."

The migration of the Chinese to Astoria swelled when the California gold rush ebbed and the construction of the transcontinental railroad was completed. As the late Duncan Law told Mayor Van Dusen a few years ago, no mention is made of Chinese at the Columbia River Maritime Museum even though they built the jetties, the railroad to Astoria and were the exclusive processors of salmon in the 50 local canneries.

Astoria is working to correct this omission; her citizens eagerly and with pride await the completion of the Garden of Surging Waves. We celebrate the contribution the Chinese have made to our fair city.

(Find out more about this subject in the course I will be teaching for ENCORE starting Fall Term 2013.)

## **AQUANASTIC CLASSES SET FOR FALL TERM**

Kathleen Hudson [503 861-2802](tel:5038612802)

This invigorating 60 - minute water workout that's easy on the joints, refreshing and fun, is a multi-level class including a warm-up, 30 - 35 minutes of cardiovascular training, muscular strength and conditioning with 'noodles' and a flexibility cool - down. The session will be 6 classes beginning Sept. 10 and ending Sept. 26. Classes are held on Tuesdays and Thursdays only from 10 to 11 AM. Classes are limited to 12 students. They are held at KOA heated indoor pool, located in Hammond at 1100 Ridge Road, across from Fort Stevens State Park entrance. For directions call [503 861-2606](tel:5038612606) or [800 562-8506](tel:8005628506).

This water exercise is offered with the cooperation of KOA, with no pool fee. They have a hot tub, restrooms, showers and changing rooms. This class is for both men and women. It is taught by Kathleen Hudson. a certified American Red Cross Water Safety Life Guard instructor and authorized by the Arthritic Foundation. (Cont'd on P. 4)

(Cont'd from P. 3) Students need to be paid members of ENCORE for the 2013-14 year. Participants need to bring their own towels, soap, shampoo, drinking water, etc. There are no tests and all students get an above C - level grade.

### **ANCIENT HISTORY CLASS FOR FALL**

Rodger Gobel, Class Instructor

We just finished our Ancient History Class concerning the FOUR GREAT CIVILIZATIONS: Mesopotamia, Egypt, India and China, up to the year zero. It was a very active class; lots of participation.

The six weeks allotted were not quite sufficient to fulfill the goal I had hoped to accomplish. Therefore, an extension should be added to cover the last part of the Egyptian, Greek, and Roman Empires. If possible, we could also continue the India and China Empires up through modern times.

Hopefully, this will work out with ENCORE'S curriculum committee.



### **FALL CLASS WITH A FIELD TRIP AND A PROPOSED "WORLD OF TRAVEL" CLASS FOR WINTER 2014**

If you liked the Caribbean Islands class last Winter, or the Geography of the Former Communist Bloc Countries, or the Geography of the Islamic World, or heard good comments about one or more of these classes – you will be glad to learn that Art Limbird is coming back with more classes! In the Fall he is offering a 3 session class on Soil Characteristics and Formation. The first 2 sessions will be 2 hours each of discussions on properties of soils and how and why they differ from place to place. The third session will be a field trip to experience some varied soils of the Clatsop Plains and near Astoria. The class will be a mini-version of his favorite course when teaching at university. So, the class should be well

worth attending!


Art also has proposed a class for Winter 2014 that will be the return of another well-liked class of several years ago – Where In The World Have You Been? The class is expected to consist of 4 two-hour sessions. In the first session Art plans to 'take' the class members to parts of Greece and Turkey that are among his favorite locations. In the other 3 sessions he will 'take' class members to some of his other favorite places. Members of the class will be encouraged to participate during these 3 sessions with pictures or videos of their travel experiences as well.



### **Make Friends with Your Computer**

John Agnew & Meg Weaver

Come and ask all the questions you have always wanted to ask. How do you copy-and-paste? How do you add an attachment to an email? How do you get photographs into your PC? This class is intended for those who own a computer and want to know how to make it the valuable tool it is. John Agnew and Meg Weaver will try to create a comfortable environment where you can ask all the 'dumb' questions you've wished someone could answer. Each session will begin with Meg explaining a technological fundamental, such as the Internet, how computers work, and John will dig into the nitty-gritty details.



Have you checked out ENCORE's website? Here's how you get there: Enter  
[www.encorelearn.org](http://www.encorelearn.org)

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**APRIL LUNCH BUNCH FOCUSED ON EARTH DAY**

Nellie E. Hutchison

The site of the April 2<sup>nd</sup>, 2013, Lunch Bunch was “The Great Wall” in Gearhart. The theme was Earth Day. Members were invited to bring stories, poems or comments relating to the theme.

Aletha Westerberg gave an interesting account of the history of Earth Day and the many ways it is celebrated. Nancy Anderson, after telling us about hanging her wash to dry in the rain, read the children’s story, “Mrs. McNosh Hangs Up Her Wash.” According to the very amusing story, Mrs. McNosh put everything on the line including herself (literally, not figuratively). It takes a true environmentalist and optimist to hang out the wash in Oregon. “The sun will come out tomorrow – tomorrow,” perhaps.

Nellie Hutchison (me) read the poem “On Scaring Some Water Fowl in Loch-Turit” by Robert Burns. Quoted from the poem “Common friend to you and me, Nature’s gifts to all are free.”

Sue Zerangue commented on our lack of snow on the coast this year and whether it is a global warming trend or just an aberration. Small packets of wildflower seeds complete with planting instructions were at each place.

There were twenty-one members in attendance (one of our largest groups). Everyone seemed to enjoy the food, which was plentiful. I noticed many carry-out boxes – (lunch and dinner for the price of lunch.) Those in attendance were Rex and Nancy Anderson, Kit Ketcham, Carol Sigurdson, Mickey and Eric Anderson, Meg Weaver, John Agnew, Sue Zerangue, Kathy Banks, Tisha Tarver, Lynne Ryan, Dave and Maureen Humphreys, Judith Schlecter, Bob and Aletha Westerberg, Ella Hill, Marlene Colendich, Bernie Thomas, and Nellie Hutchison.

*May the footprints* we leave behind show that we’ve walked in kindness toward the Earth and every living thing. —Inspired by Native American Philosophy

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**MAY 7 LUNCH BUNCH LEARNED ABOUT LOST SOCK MEMORIAL DAY (MAY 9 EACH YEAR)!**

Lynne Ryan

John Agnew, 11 lady members of ENCORE and one lady visitor met for lunch at Astoria’s remodeled Baked Alaska on a beautiful and sunny May 7 – Kathleen Hudson, Jennie Ulbricht, Hazel Sealy, Kit Ketcham, Frances Kaspar, Tisha Tarver, Reta Leithner, Wendy Gartrell, Nellie Hutchison, Aletha Westerberg, Mary Ann Ylipelto, and Lynne Ryan.

Aletha Westerberg shared a list of some major and minor May celebration days including May Day, Cinco de Mayo, Mothers Day, Armed Forces Day, Memorial Day, Star Wars Day (“May the Fourth be with you.”), Clean Up Your Room Day, Lost Sock Memorial Day, National Missing Children’s Day and International Nurses Day. May is also Mental Health Month. Lost Sock Memorial Day got extra attention in the form of some suggestions for using the surviving sock. Fun.

Kathleen Hudson started us off with an around the table sharing of our individual May activities that included a lot of weed-fighting and volunteering plus some visits with grandchildren. Kathleen reported on a volunteer opportunity: consider joining the volunteers greeting Astoria’s cruise ship visitors over the next week and then again this fall.

Wendy Gartrell was the drawing winner: a Dooger’s gift certificate.

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**Attend an Encore Board meeting**

The ENCORE Board meets monthly at the Astoria Senior Center, 11th and Exchange, Astoria, on the fourth Monday of the month at 1 PM. Members are always welcome to attend.



**John Agnew Biography**

(Editor's note: Tisha Tarver, our regular interviewer, thought John's own words provided a better bio than an interview would!)

I was born in Boston, Massachusetts on 22 September 1944 and lived there through the seventh grade. In 1956 my family moved to Milford, Connecticut. After graduating from High School in 1962, I started studying Chemical Engineering at Norwalk State (CT) Technical College the same year. I graduated with an Associate Degree in 1964. Then I worked for two years as a polymer materials test technician before I went into the US Army in 1966. I moved around quite a bit while in the military and was stationed for at least two months at each of the following locations: South Carolina, Alabama, Kentucky, South Viet Nam, Hawaii, Massachusetts and finally, Kansas. My military occupational specialty was infantry, light weapons. During my time in Southeast Asia I was greatly impressed by the Vietnamese; they wanted to reunite their country and eject a massively powerful occupying entity and they did it by applying astonishing levels of will, sacrifice and perseverance.

In 1968 I became a civilian again. For the next few years I traveled and worked and got married and divorced and married again. I worked for Olin Metals Research in New Haven CT as a technician while attending The University of New Haven. I finally earned a Bachelor of Science degree in 1977 and took a job as a Metallurgical Engineer with the MRC Bearings Division of TRW the same year.

In 1997 I had a chance to take an early retirement. Luckily my youngest daughter's education costs had been saved and I was able to take advantage of the opportunity. I sold my house and after Kelly graduated in 1998, we both drove across the country to southern California. Kelly moved there to be near her sister Jessica and I started looking for a place near them. However, I didn't find southern California to my liking. Traveling north I found the Bay Area way overcrowded compared to the late 60s. The California Redwood country was starting to look good but Oregon and specifically Eugene, was even better. Besides moving west to be near my daughters I also wanted to get away from the cold New England winters. I don't like below freezing temperatures and ice and snow happening where I live. But, it is nice to have snow available to visit and recreate in - yea Oregon. Eventually Eugene outgrew me and I wanted to find a small city near the ocean. I had always liked visiting Astoria and I really like living here.

ENCORE is part of what makes the North Coast a great place to live. I'm impressed with the dedication of the instructors and those who directly support the classroom activities as well as the people working in other functions also vital to the success of our organization.

Thanks,  
John

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## CLASS REVIEWS

### SCIENCE EXCHANGE GETS HIGH MARKS

Bob Westerberg

The weekly SCIENCE EXCHANGE, led by Meg Weaver, is GREAT FUN for those ENCORE "science geeks" who meet every Wednesday morning for two hours, at 10AM in the Astoria Senior Center classroom. You will find a dedicated bunch of folks bringing to class provocative "show and tell" articles from the vast world of science. With the incredible backgrounds each of us has gained over the years, the lively discussions really make the time fly by. This is no lecture session.... each class member can chime in with observations, questions, and more insight on the topic at hand. Sometimes the "answers" provide some good humor. Consider joining the Science Exchange class in the fall if this sounds intriguing.

*ENCORE class leader Meg Weaver (and ENCORE's webmaster) adds:*

"The Science Exchange page is now active on the ENCORE website. (Cont'd on P. 7)



**HISTORY OF ANCIENT CIVILIZATIONS CLASS REVIEW**

In the "History of Ancient Civilizations" class, Rodger Gobel takes us back in time to discover the progression of rulers and the fluctuating strengths of competing groups of people from ancient times to the Christian era, (zero, B.C.). The class members were introduced to the Egyptian, Mesopotamian, Indian and Chinese civilizations. All members of the class appreciated the amount of time Rodger spent preparing and organizing the class material.

Art Limbird Photo by Kay Limbird

**AQUANASTICS REVIEWED**

Erin Anderson

First and foremost, THANK YOU to ENCORE for sponsoring the aquanastics classes for seniors at the KOA campground's pool in Hammond, and to Dale Brechlin, KOA's Manager, and Staff, who couldn't have been nicer! I know my classmates would agree that KOA was very generous to allow us seniors the use of the pool during the winter/early spring months. Also, special thanks to our very talented, creative and imminently FUNNY instructor, Kathleen Hudson, for putting us through our paces.

Many of us participating in aquanastics (which is not to be confused with swimming) have taken classes with Kathleen before. Our returning time after time attests to the fact that the classes are not only beneficial from a health standpoint, but are also highly entertaining. And, even though it is always nice to see old friends, we were fortunate to have a few new people join us for the April and May classes. Health reasons aside, the biggest bonus to me has been the new people I have met over the past few months and the friendships made. My classmates' dedication to getting to the pool has been my inspiration to get up early to hit the water.

I noticed that even though everyone who came to the classes had their own unique physical ailments, we all benefited from the well thought out water exercise program offered by Kathleen, to briefly recap: warm-ups and stretches with our styrofoam noodles, doing the "spider walk" up the side of the pool, shaking our booties in the "washer" and "dryer", going back and forth across the pool doing everything from the "Irish jig" to the "can can" to the "Russian cossack" dance, doing the "bunny hop" (using our hands as ears mind you!) or the "crab walk" across the pool and back, doing the frog jump ---RIBBIT, RIBBIT, RIBBIT, and all while holding (or trying to hold) our tummies in, walking flat footed (no tiptoes) and keeping our shoulders under the water! The exercises varied from class to class and always proved interesting (I am still trying to figure out which arms or legs or head to use!). I also like the way the classes ended, with all of us stating our names and answering a couple of often corny questions.

I was surprised when I was asked to write a class review article for the Class Act. I had always been one of those people who thought that exercise in any way, shape or form sucked! So imagine my "surprise" to find that I love aquanastics! I hope that my observations offer encouragement to anyone out there who has ever thought of doing aquanastics to come join us this Fall. I am already looking forward to more ..... RIBBIT, RIBBIT, RIBBIT!!!!



**ALL ABOUT IVORY CLASS REVIEW**

Joan V Ryan Photo by Kay Limbird



This class led by Erhard Gross, was totally fascinating. This talented sculptor expanded the knowledge of ENCORE members in a field that I, for one, hadn't a clue about.

Erhard was born in Saxony, Germany. He started carving linden wood as a means of entertainment. Toys at that time were unavailable (1943). In 1981 Erhard's medium became ivory and amber.

We were taught the history of ivory carving, examples of which can be traced back 40,000 years to the Neanderthals.

It was while carving on amber that Erhard temporarily lost his sense of taste and smell. Amber, fossilized pine resin, when subjected to a high power drill (250,000 RPM), exudes a toxic gas that can damage the sensory system.

Two OPB "Art Beat" programs have featured Erhard and his amazing talent. To view these, type in "Erhard Gross Ivory"

**Editor's note:** The author was unable to attend Erhard's final Ivory class which was conducted at his home workshop where he demonstrated the main tools of the trade. As mementos of the class, attendees were given pieces of ancient woolly mammoth and fossil walrus ivory.

**WELCOME NEW MEMBERS and address CHANGES/CORRECTIONS**

Anderson	Erin	Avenue	Astoria	OR	97103	503-325-1720	quirky1@q.com
Bondurant	Peggy						
Brandon	Mary Ann	91948 Spirit Place Rd	Warrenton	OR	97146	503-861-0116	marybrandon@charter.net
Coulombe	Rochelle	90496 Sunset Lake Rd	Warrenton	OR	97146	503-861-3217	robertrochelle@msn.com
Coulombe	Terri	90628 Lewis Rd	Warrenton	OR	97146	503-861-0876	tcoulombe47@gmail.com
Diamond	Joy	1425 9 <sup>th</sup> Street	Astoria	OR	97103	503-325-2620	wintergardens3@yahoo.com
Freeman	Janice	92459 "G" Road	Astoria	OR	97103	503-325-1939	janicelenore@gmail.com
Garland	Jean	Huckleberry Ave, #B	Warrenton	OR	97146	503-861-1300	
Hainline	Pat	(new email only)					pathain@centurylink.net
Hawks	Susan						
Heesen	Joan	1803 194 <sup>th</sup> Street	Long Beach	WA	98631	360-665-0158	heesen3@centurylink.net
Jackson	Mary	P O Box 206	Astoria	OR	97103	503-325-3160	mce_jackson@hotmail.com
Mead	Jan	300 29 <sup>th</sup> St # C-201	Astoria	OR	97103	503-468-1057	
Oja	Mozelle						
Rich	Dorothy						
Ulbricht	Jennie	(new email only)					julbricht1933@gmail.com

*CLATSOP COMMUNITY*

*COLLEGE/ENCORE*

“Exploring New Concepts of Retirement Education”

1651 Lexington Avenue

Astoria OR 97103

**THE ENCORE POTLUCK PICNIC** has been set for Friday, July 19th at the Cullaby Lake North Picnic Shelter [same place as last year]--starting at 12 noon. The Membership Committee will provide hotdogs, hamburgers, buns and condiments, paper plates and cutlery. Members are asked to bring a food item to share -- salad, fruit, dessert, side dish such as baked beans or potato salad. We are planning to play bingo after lunch [5, 10, and 25 cent games] and also have a horseshoes or other game competition with prizes. We have the shelter for the rest of the day. There is a parking fee at Cullaby Lake of \$3/vehicle, so people may want to carpool.

*Class Act* is published quarterly by ENCORE, “Exploring New Concepts Of Retirement Education.”

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